

High-Protein Breakfast Combos



+



+



=

20 grams
protein

1/2 cup
oats

1 cup
milk

2 tbsp.
PB



+



+



=

27 grams
protein

2 large
eggs

2 slices
bread

1 oz.
cheddar



+



+



=

23 grams
protein

1/2 cup
cottage cheese

1 oz.
almonds

1 tbsp.
chia seeds



+



+



=

31 grams
protein

2 oz.
turkey sausage

1 cup
beans

1 oz.
feta

Protein Breakfast Compare Install

William Shurtleff; Akiko Aoyagi



Protein Breakfast Compare Install:

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Official Gazette of the United States Patent and Trademark Office, 2003

Oversight Hearings on the Child Nutrition Programs United States. Congress. House. Committee on Education and Labor. Subcommittee on Elementary, Secondary, and Vocational Education, 1980

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